



Salem Mended Hearts Chapter Newsletter

The Mended Hearts, Inc.



March is Workplace Eye Health and Safety Month: **Protecting your vision at work and beyond**

Thousands of eye injuries occur in the U.S. each year, but up to 90 percent could be prevented simply by wearing proper safety eyewear.

March is recognized as Workplace Eye Wellness Month (also called Workplace Eye Health and Safety Month) by Prevent Blindness, the nation's leading volunteer eye health organization.

According to the Centers for Disease Control and Prevention (CDC) and Prevent Blindness, more than 2,000 U.S. workers sustain a job-related eye injury every day that requires medical treatment. About one in 10 of these injuries leads to missed workdays, and many result in temporary or permanent vision loss. In recent years, the Bureau of Labor Statistics reported around 18,500 eye-related injuries and illnesses annually that caused at least one day away from work. These incidents cost businesses and workers hundreds of millions of dollars yearly in medical care, workers' compensation, and lost productivity—estimates range from \$300 million to over \$467 million annually.

Common causes of workplace eye injuries include particles like dust, metal

slivers, wood chips, or cement striking the eye, as well as chemical burns, blunt trauma, or exposure to intense light (such as from welding). Industries like construction, manufacturing, and mining see the highest rates, but hazards exist in offices too, such as digital eye strain from prolonged screen time.



Accident prevention starts with the basics: Always wear appropriate protective eyewear that meets OSHA and ANSI standards, such as safety glasses, goggles, face shields, or welding helmets tailored to the job.

Get regular eye exams for proper vision correction—computer users might benefit from specialized lenses like computer glasses or trifocals instead of standard bifocals to reduce strain. Follow the 20-20-20 rule for screen work: Every 20 minutes, look 20 feet away for 20 seconds.

Why you don't see your nose

Your schnoz is right there between your eyes all the time, so why don't you notice it? In fact, why doesn't it get in the way of everything you are looking at?

It's a brain thing. The brain treats the nose as irrelevant. It is there, always, and there is no need to notice it. (You can see it if you try). The nose blocks out some information coming into each eye, but the brain builds a complete image by using pictures from both eyes to fill the gap.

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JOIN MENDED HEARTS TODAY

Membership is about how you can help improve the lives of heart patients and their families, beginning with your own. To find out more reach out to one of our chapter officers or go to www.mendedhearts.org.

UPCOMING MEETING :

DATE: March 16th, 2026

TIME: 2:00-3:30

PLACE: Salem Health, Building A, 6th floor, West Conference Room

TOPIC: Qigong presented by Chris Cooper

NEXT MEETING: April 20, 2026

TOPIC: TBD

What is qigong?

Qigong is a 4,000-year-old traditional Chinese medicine (TCM) practice that blends intentional movement, meditation and breathing practices. It's based on the theoretical principle that we all have qi (pronounced "chi"), an energetic life force, flowing through our bodies. The belief is that qigong reduces stagnation of that energy, allowing the body to better heal itself. The literal translation of qigong is "to work with qi."



"According to TCM, your qi must flow throughout your body for you to feel your best," Dr. Lin explains. "If qi becomes blocked or stuck in a certain area, health problems can occur."

Like most practices that have been around for thousands of years, there isn't one way to do qigong. There are hundreds of different traditions, schools and approaches.

The most popular variant of qigong in the Western world is tai chi which is commonly practiced in medical and wellness settings. Its focus on intentional movement, breath control and meditation has documented health benefits. Current science doesn't support health claims associated with other, more spiritual forms of qigong.

[Your Guide to Qigong](#) (Courtesy of Cleveland Clinic)

**Have a great idea for a meeting topic or something you would like to learn more about?
Please share with Mended Hearts officers as they are planning for the upcoming year.**



Beat the 'captivity of activity' with rest

There's a difference between accomplishing something and doing something. Our fast-track world honors constant activity, but those who aren't selective about what they do can wind up with a lot of stress and feel like a mouse on a treadmill. They're running fast, working hard, and not getting anywhere. Experts call it the "captivity of activity." Here are some of the symptoms:

* You're in a constant rush.

* You think that no matter how much you work, you'll never have enough time to do it all.

* You are chronically tired and emotionally exhausted.

* You believe that if you stop, everything will fall apart.

It won't. Here's a radical notion that will help: Get some rest. That doesn't mean rushing off for a vacation, because that could raise your stress level even higher. It doesn't mean taking a less-stressful job, because every job includes stress. And it doesn't mean putting your kids up for adoption, because you'll continue to run anyway.

The key to resting is to actively do nothing for a while, and then do it some more.

Will the world fall apart if you say "no" more often? Will anyone care 10 years from now if your home isn't very neat today? Will your kids be harmed if you tell them not to interrupt your down time? Will you lose your reputation by not volunteering for the next big project? If your stress level is pushing you toward burnout, you have to give careful thought to these questions.

Across

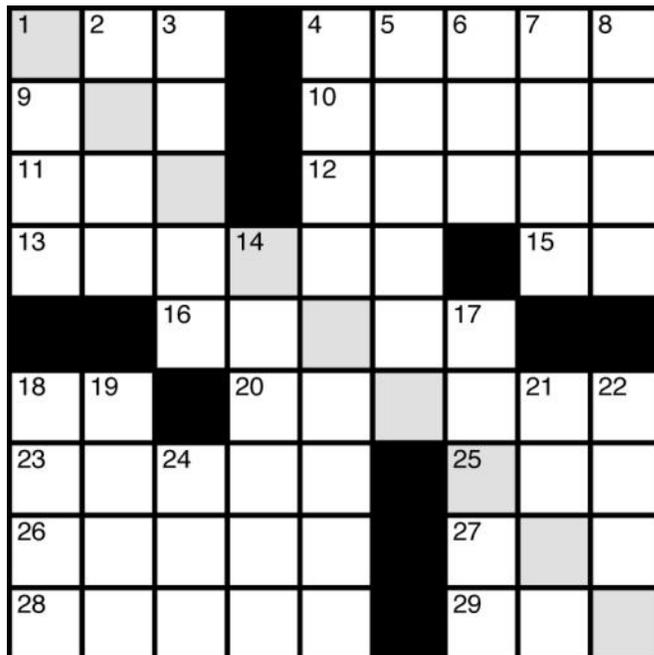
1. Holiday mo.
4. Grave marker
9. Formal vote
10. Coil
11. Antiquity, in antiquity
12. Poets' feet
13. Mrs. Butterworth's and maple
15. Peru terrorist group in the 60s, for short
16. Host
18. Part of 'to be'
20. Robin's partner
23. Gain knowledge
25. U.N. workers' grp.
26. TV, radio, etc.
27. Mary's Tyler Moore's boss
28. Cheers
29. Dusk, to Donne

Down

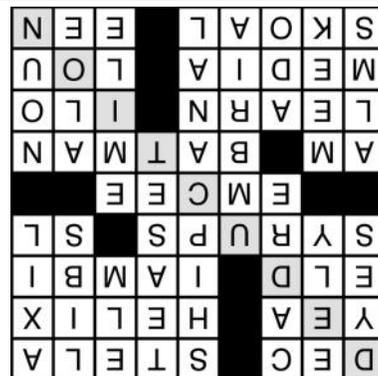
1. Salon supplies
2. Hard to grasp
3. Close-knit group
4. Suez, for one
5. Afternoon service
6. "A Nightmare on ___ Street"
7. Ad ___

Tax Reducer

The headline is a clue to the answer in the diagonal.



8. Branch angle
14. Central Italian region
17. "South Pacific" hero
18. Charity
19. Docile
21. Balm ingredient
22. It may be proper
24. Big fuss



Life isn't going to slow down, but you can purposely find ways to do it when you need to and to get some rest. The trap of activity will always be there, waiting to pull you in.



"He said it's rich in fiber, vitamins and antioxidants. How can it be bad?"

Feds say eat more meat and less sugar

The U.S. Departments of Health and Human Services (HHS) and Agriculture (USDA) unveiled the newest edition of the Dietary Guidelines for Americans in January.

According to HHS, the new guidelines increase the recommended daily protein consumption for most Americans, and emphasize animal sources such as eggs, poultry, seafood, and red meat. Plant-based



proteins, such as beans, peas, lentils, and legumes are also encouraged.

HHS has also changed guidance on fats, reversing previous guidance to consume them sparingly. The updated guidelines encourage consumption of fats from whole food sources including meat,

poultry, eggs, seafood, nuts, full-fat dairy, and avocados. However, guidance for saturated fats -- found in meats, butter, cheese, and many savory snacks -- remains unchanged.

Carbohydrate recommendations have also received an overhaul under the new guidelines. The updated edition concludes that added sugars have no place in a healthy and nutritious diet. Additionally, Americans are urged to reduce their consumption of refined carbohydrates (such as white bread, flour tortillas, or crackers) in favor of high-fiber whole grains (such as whole wheat bread, oatmeal, or quinoa), and consider reducing carbohydrate intake to manage certain chronic diseases.

The revival of full-fat dairy

In a groundbreaking shift, the U.S. Department of Health and Human Services (HHS) and the Department of Agriculture (USDA) released the dietary guidelines that mark a significant reset in federal nutrition policy, prioritizing full-fat options, including whole milk, yogurt, and cheese, recommending three servings per day for a 2,000-calorie diet.



This departure from decades of low-fat advocacy reflects evolving science that suggests not all fats are equal, and promoting dairy as a cornerstone of healthy eating patterns.

Whole milk is prioritized because it provides essential healthy fats without added sugars. Unlike low-fat versions, which often compensate with sugars, full-fat dairy retains its natural composition, making it more satiating and beneficial for long-term health. Nutritionally, whole milk offers high-quality protein for muscle maintenance, vitamins like A and D for immune and bone health, and minerals such as calcium and potassium for heart and skeletal function. Research links full-fat dairy to reduced weight gain, neutral or lower risk of heart disease, and decreased childhood obesity, challenging fears of saturated fats. For children, it's crucial for energy needs and brain development.

Moderation is key. The guidelines recommend saturated fat limit of 10 percent of calories.

AI-powered telemedicine has launched

El Salvador is pioneering telemedicine, powered by AI, through an app launched in November 2025 under President Nayib Bukele.

This free mobile platform, developed in partnership with Google Cloud, provides 24/7 primary healthcare access to all citizens, marking one of the world's first nationwide AI-assisted health systems.

Users download the DoctorSV app, register, and input symptoms. The AI (powered by Google's Gemini model, trained on vast medical databases plus local factors like diet and epidemiology) analyzes data and suggests diagnoses to human doctors. Patients then schedule video consultations. Doctors review AI insights, confirm diagnoses, and issue electronic prescriptions (via QR code for free pharmacy pickup) or order free lab tests (blood work, X-rays, ultrasounds) with results auto-integrated into digital records.

It also supports AI-assisted mental health care and nutrition guidance. The system handles non-emergencies, with ~10,000 daily consultations and 93 percent validated diagnostic accuracy (far above regional 50 percent averages).

The system will save significant money. By shifting primary care to remote/AI-supported consultations, it reduces in-person hospital visits, wait times, and resource strain. The government highlights optimized public spending, fewer errors, and cost-effective scaling toward universal coverage. Citizens save on travel, lost wages, and out-of-pocket costs, as services (consults, meds, tests) are free.

It also dramatically improves access to healthcare especially in rural areas lacking specialists.

The system is available on demand, day and night, with no waiting.

AI will predict health trends and disease outbreaks.

Most dangerous cycling scenarios

It may seem obvious, but it bears repeating: Bicycling and motor vehicles are often a dangerous combination.

According to sources like the National Highway Traffic Safety Administration (NHTSA), around 1,000–1,200 bicyclists die annually in the U.S. in motor vehicle-related crashes, with over 100,000 treated for injuries each year.

Many non-fatal incidents involve no motor vehicles, but the most dangerous do involve motor vehicles:

- Dooring — A parked car's door opens into a cyclist's path.
- Right-hook — A vehicle passes a cyclist then turns right across their path.
- Left-cross — A vehicle turns left in front of an oncoming cyclist (or from the opposite direction).
- Rear collisions — A following vehicle hits the cyclist.
- Sideswipe — A vehicle passes and clips the cyclist.
- Intersection failures to yield — Drivers turning or crossing paths without seeing the cyclist.

Heimlich maneuver remains best technique for relieving choking

The Heimlich maneuver (now more commonly called abdominal thrusts) has not been discredited as an effective technique for relieving choking in conscious adults and children over one year old.

It remains a recommended and widely taught first-aid method by major organizations like the American Heart Association (AHA) and others.



However, there has been some controversy surrounding it:

The latest AHA Guidelines for CPR and Emergency Cardiovascular Care (released October 2025) recommend alternating five back blows followed by five abdominal thrusts for conscious choking adults and children (over 1 year). This "five and five" approach continues until the object is expelled or the person becomes unresponsive. For infants, it's five back blows alternated with five chest thrusts (abdominal thrusts are not recommended for infants due to injury risk). This marks an update where back blows are now explicitly included again as the starting step for many protocols.

Dr. Henry Heimlich promoted abdominal thrusts aggressively starting in the 1970s, often criticizing back blows as dangerous ("death blows") and claiming they could worsen the obstruction by driving the object deeper. He influenced guidelines, and from 1986 to 2005, the AHA and American Red Cross recommended only abdominal thrusts. In 2006, the Red Cross shifted to "five and five," partly due to evidence that back blows are safe and effective, and to avoid over-relying on one method. The term "Heimlich maneuver" was largely phased out in favor of "abdominal thrusts" in official guidance.

Some criticism stems from Heimlich himself: He pushed unproven uses (e.g., for drowning, asthma), which were discredited, and there were allegations of questionable tactics in promoting it, like funding studies to support his views. But this doesn't invalidate the core technique for choking it's still evidence-based and effective when done correctly. Effectiveness today: Both back blows and abdominal thrusts generate pressure to expel the blockage, and studies show neither is definitively superior the combination is now favored in many protocols for better outcomes and lower risk (e.g., less chance of rib/injury issues with thrusts alone). Abdominal thrusts are still key for many cases, especially if back blows fail.

Whole Wheat Pancakes with Strawberries

Calories
120 Per Serving
Protein
5g Per Serving
Fiber
3g Per Serving



Recipe borrowed from <https://recipes.heart.org/en/recipes/whole-wheat-pancakes-with-strawberries>

Ingredients

Cooking spray
2/3 cup whole-wheat flour
1/4 cup oats
1 teaspoon baking powder
2/3 cup fat-free milk
1 large egg lightly beaten
2 teaspoons canola oil
3 hulled, sliced strawberries

Directions

1. In a large bowl, combine flour, oats and baking powder; mix well. In a medium bowl combine milk, egg and oil; blend well.
2. Add dry ingredients all at once; stir just until dry ingredients are moistened.
3. Coat skillet with spray and heat to medium high. For each pancake, spoon 1/4 cup of batter into skillet.
4. Flip with batter bubbles and edges begin to set. Remove from heat and top with the strawberries.

March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 MHI Leadership Training 4:30-7:30 PM ET	6	7
8	9	10 Heart Failure Support Group Meeting 5pm ET	11	12	13	14
15	16	17 Empower Transplant Group Meeting 4pm ET	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**For registration and additional meeting information, please contact
info@mendedhearts.org or call 888-432-7899.**



The Mended Hearts, Inc.

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Phone: 1-888-HEART99 Email: info@mendedhearts.org

MEMBERSHIP FORM

DATE _____

NEW MENDED HEARTS® NEW MENDED *LITTLE* HEARTS® NEW YOUNG MENDED HEARTS® RENEWAL

Name (Mr. /Mrs./Ms.) _____ Chapter/Group _____ National Member _____

Address _____ Phone _____

City / ST / Zip _____ I want to be a support volunteer: Yes No

Email address _____ I am interested in CHD Parent Matching: Yes No

(Please check all that apply) I am a Heart Patient Caregiver CHD Parent Physician RN Healthcare Employee

OPTIONAL INFORMATION: Race: _____ Gender: _____

Membership Levels: All membership levels are for ONE YEAR, renewed annually, except for Heart of Gold Lifetime Sponsorship. Please choose your membership level and complete any appropriate payment information below.

INDIVIDUAL MEMBERSHIP	FAMILY MEMBERSHIP
<p>____ Associate Member --- FREE</p> <ul style="list-style-type: none"> * Can attend any chapter/group meeting for MH, MLH or YMH * Can join online communities * Can access Member Portal * Receives the National e-newsletter 	<p>For members of one household with one mailing address only</p> <p>____ Family Membership --- \$40 annual donation</p> <ul style="list-style-type: none"> * All of the benefits of an Associate Membership, PLUS * Membership Cards for all members of the family * 2 Car Decals – Select ____ MH ____ MLH ____ YMH * Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.
<p>____ Individual Member --- \$20 annual donation per person</p> <ul style="list-style-type: none"> * All of the benefits of an Associate Member, PLUS * Membership Card * Car Decal – Select ____ MH ____ MLH ____ YMH * One-time 5% off coupon for purchase from the MH store 	<p>____ Bronze Family Membership --- \$75 annual donation</p> <ul style="list-style-type: none"> * All the benefits of a Family Membership, PLUS * One Membership Pin per member * Choice of ____ MLH Drawstring Backpack or ____ MH/MLH Notecards (10 pk) * 5% off registration of any National (not regional) MH/MLH/YMH Conference or Symposia
<p>____ Bronze Member --- \$45 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of a Full Individual Member, PLUS * Membership Pin * Choice of ____ MLH Drawstring Backpack or ____ MH/MLH Notecards (10 pk) * 5% off registration of any National (not regional) MH/MLH/YMH Conference or Symposia 	<p>Family Members:</p> <p>____ Spouse ____ Child ____ Heart Patient ____</p>
<p>____ Silver Member --- \$100 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of a Bronze Member, PLUS * A Stainless Steel Mended Hearts Travel Mug 	
<p>____ Gold Member --- \$250 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of a Silver Member, PLUS * A Red Fleece Blanket * 10% off registration of any National Conference or CHD Symposium 	
<p>____ Heart of Gold Lifetime Sponsor --- \$1500 donation A one-time donation per individual</p> <ul style="list-style-type: none"> * All the benefits of a Gold member FOR LIFE, PLUS * 15% off registration fees at National MH/MLH/YMH Conferences / Symposia * Recognition in the next <i>Heartbeat</i> magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website's list of Heart of Gold Lifetime Sponsors 	

ALL Donations are tax deductible

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Membership Level _____ \$ _____

Chapter/Group Name: _____

Additional tax-deductible Donation to:

Amount: \$ _____

Mended Hearts Mended *Little* Hearts
 Young Mended Hearts \$ _____

TOTAL TO NATIONAL \$ _____

TOTAL TO CHAPTER \$ _____

****Please note: To be a member of a Mended Hearts® Chapter, Mended *Little* Hearts® or Young Mended Hearts® Group, you must be a member of The Mended Hearts, Inc.**